

The Spin



Colorado Safe Routes to School State Network

Volume 1, Issue 2

Walktober Fest

Welcome to the second issue of *The Spin*, a monthly e-newsletter brought to you by the Colorado Safe Routes to School (SRTS) State Network. The Spin is designed to facilitate information sharing and connections among communities and organizations interested in increasing the number of Colorado students walking and biking safely to and from school every day.

This Issue of *The Spin* is themed "Walktober Fest"... a celebration of Walk to School Day and Colorado Pedestrian Month successes from around the state.

Call for Stories

The SRTS State Network is intended to facilitate information sharing and collaboration. Therefore, you are encouraged to submit stories, resources or other content you would like to share through The Spin. If you have stories to share, please email these to karenryan@livewellcolorado.org.

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Littleton Rolls Out of Bed for Walk to School Day

Over 5,000 students in 10 Littleton Public Schools (LPS) joined in an effort around the world to celebrate **International Walk to School Day** on **October 3, 2012**. Children across the globe ditched other modes of transport in favor of strutting to school. South Suburban Parks

and Recreation supported LPS by creating safe routes maps and donating a free pass for their ice arena to each student who participated in the event.

Schools organized walking school buses and bike trains that promote and facilitate walking and bicycling to school. Highland, Centennial and Sandburg Elementary schools had just completed their bicycle educational program with Bicycle Colorado as part of the Safe Routes to School Grant they received, and not only walked, but also filled the bike racks at their schools. At Sandburg Elementary close to 90 percent of the students participated. The buses stopped about a 1/4 mile from the school so students could walk. Additionally, the before-school childcare program



went out early and walked a designated route, families took to the streets in huge numbers enjoying the beautiful weather, and teachers got into step by greeting students as they arrived with fun stickers and healthy snacks donated by Cliff Bar.

Principal McDonald at Sandburg Elementary School said, "Walk (or Bike) to School Day is a special event at our school and one our students look forward to. This year it was also 'Wear Your Pajamas to School' day and a chilly morning, which brought out the flannels! Walk to school day supports our health and wellness goals and encourages families to leave the car in the garage more often."

Laurel Elementary Rocks Remote Drop-offs

International Walk to School Day at Laurel Elementary School in Fort Collins was extremely festive and successful! 150 bused students walked from a remote drop-off location, led by 20 members of the Colorado State University (CSU) marching band. The Fort Collins High School cheerleading squad and City Councilmember Ben Manvel were also on hand to encourage the kids. Families that normally drive were encouraged to



park at a remote location as well, where there was free coffee and a "walking school bus" (complete with a cardboard bus) to accompany kids to school. Once they arrived at their school, kids enjoyed a free breakfast, music and a dance with the "Walk to School Day" mascot. "With the remote drop-offs, it was exciting to be able to include nearly all 415 students in our event," said Bevin Barber-Campbell, parent champion of the Bike/Walk to School Program at Laurel.

Cruisin' with CDOT

Walk to School events galvanize community visibility for walking and bicycling and give schools a chance to increase the number of children walking safely to school. The Colorado Department of Transportation (CDOT) encourages schools, in partnership with local communities, to hold Walk to School events in October as part of Colorado Pedestrian Month.

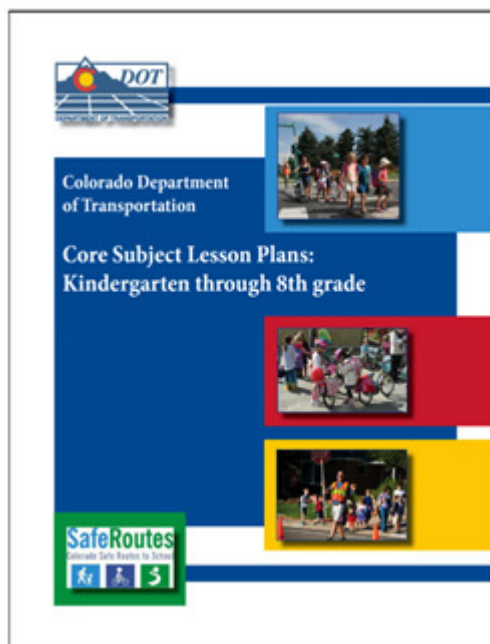
This year, CDOT mailed every K-8 school a Walk to School packet containing promotional posters and a Safe Routes to School resource CD.

The CD contains newly developed K-8 bicycle and pedestrian safety and core subject lesson plans that align with the Colorado state standards for education. Recommended by the Colorado

Department of Education, these fully-developed lesson plans are easy to integrate into any classroom setting and are proven effective and fun learning materials for students. Also included on the CD are helpful resources on crossing guard training and program development. If you would like to request a copy of this CD containing the SRTS cross curriculum lesson plans and crossing guard training resources, please e-mail

Marissa.Robinson@state.co.us.

Grant applications for FY2013 SRTS projects are due Friday, December 7, 2012 by 4 pm. Please visit <http://www.coloradodot.info/programs/bikeped/safe-routes> to download the applications and for more information.



The National Crosswalk

Books, reports and other resources and publications overflow inboxes of Safe Routes to School advocates across the country and keeping track of what is relevant has become extremely challenging. The Safe Routes to School National Partnership aims to change that by curating a [Library of Resources](#) for advocates across the nation. Comprised of fact sheets, reports, journal articles and other materials that expert staff have tested, these informative and useful policy and program resources can help you build your movement. In order to trim back the overflow, the Library is not an inventory of everything out there, but includes resources most useful to the Safe Routes to School movement.

The Library is in the [Resource Center](#), a part of the [National Learning Network](#), and encompasses materials related to physical activity, health and the built environment – all important considerations in the Safe Routes to School movement! We have worked to

structure and organize documents according to main category headings that serve as "Library rooms", beginning with [Safe Routes to School](#), [Street Scale Improvements](#), [Land Use](#), [Lower-income and Social Equity](#) and a [Research](#) section to better support your arguments for Safe Routes to School . Please visit the online library and learn more about innovative program and policy work that can support and grow your existing projects.

Training Wheels and Webinars

Health is a Calling Card: Tools to Build Health into Safe Routes to School

Webinar Date: Thursday, November 1, Noon MST. Click [here](#) to register.

Safe Routes to School started with traffic safety, but health is now a stronger calling card for Safe Routes to School. Health champions are becoming strong partners for Safe Routes to School at federal, state and local levels. Learn about how to involve health champions in your programs, how to include health in all policies related to Safe Routes to School. Hear some case studies about how health champions and Safe Routes to School advocates are working together to get kids more physically active and improve our communities.

How to Work with Schools & School Wellness Policies 101

Webinar Date: Friday, November 9, 12:00 – 1:00 pm. Click [here](#) to register.

What is the best approach for accomplishing your school wellness goals? Who's who at your school? How do school wellness policies work, and how can you make yours more effective?

To become a successful advocate for healthy schools, you need to have some basic information about how school systems work and how school wellness policies can help you to achieve your goals. This webinar is for interested parents and community members.

SRTS Trainings

CDOT provides train-the-trainer materials and instructions for both [crossing guards](#) and [bicycle rodeos](#). For more information contact Marissa Robinson (Marissa.Robinson@state.co.us), Colorado Safe Routes to School Program Manager.

[Bicycle Colorado](#), a statewide nonprofit bicycle advocacy organization, partners with schools and local governments to implement Safe Routes to School programs. Bicycle Colorado's education program staff, are invested in encouraging schools, classrooms, and individual students to bike and walk to school – for more information contact Jenna Berman (Jenna@Bicyclecolorado.org), Education Director.

Pedaling Programs and Funding Feet

Promising Programs

In Colorado Springs, during the 2010 and 2011 academic school years, Drive Smart Colorado introduced the Safe Routes to School (SRTS) Program to all Harrison School District elementary schools by educating 5th grade students on the importance of safe walking, biking and healthy eating. The final and very exciting component of the Safe Routes to School project has just been completed! The one-of-a-kind, Signs for Life Mobile teaches 5th grade students about walking and biking safely through an awareness of street signage. The Signs for Life Mobile Classroom is also meant to reinforce and enhance the educational topics, such as exercise and healthy eating, taught by Harrison District 2 staff.



Join the [Safe Routes to School National Partnership's Listserv](#) to learn about program implementation, best practices and regional and national news. This listserv was developed to facilitate “real time” discussions. Please spread the word to others! To sign-up, send your request to kelechi@saferoutespartnership.org.

Funding Opportunities

The [Lexus Eco Challenge](#) is an educational program and contest designed to inspire and empower middle and high school students to learn about the environment and take action to improve it. The program will award a total of \$500,000 in grants and scholarships. Challenge 1: Land & Water. Deadline is October 29. Challenge 2: Air & Climate. Deadline is December 17.

The [Kids Run the Nation Fund](#) promotes running through the development and growth of running clubs and running events throughout the country. Elementary and middle schools that provide an organized after-school running program and non-profit organizations are eligible to apply. Funding ranges from \$500 - \$1,000. Deadline is October 31.

[Green Ribbon Schools](#) honors America's public and private elementary, middle and high schools for their efforts toward improving student health and achievement and reducing their environmental impact. While the award confers no federal funds, winners of the Green Ribbon, like Blue Ribbon Schools, may experience national and local press coverage, re-energized staff and parents, enhanced community support, increased application rates, and increased opportunities for private financial assistance. Applications are due on December 4.

An application information webinar will take place on October 25 from 9:00 – 10:00 am.

The Colorado Health Foundation is introducing "[Healthy Places: Designing an Active Colorado](#)," a five-year, \$4.5 million initiative, that will promote environments where it is easier to engage in daily physical activities that encourage movement and connection. The initiative recognizes the importance of the built environment in promoting physical activity and fighting

obesity. For questions regarding Healthy Places, please contact Hillary Fulton (hfulton@coloradohealth.org), senior program officer for Healthy Living, at 303.953.3626.

The Spin Subscriptions

To learn more, subscribe or unsubscribe to this e-newsletter, please visit the [Safe Routes to School State Network webpage](#).

*The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communities and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.*

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Bicycle Colorado](#), [Children's Hospital Colorado](#), [Colorado Department of Public Health and Environment](#), [Kaiser Permanente](#), [Littleton Public School District](#), and the [Safe Routes to School National Partnership](#). If you are interested in learning more about the network, please contact [Karen Ryan](#).

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